

# AT THE CAMERON

Due to public health guidance around COVID and its variants, Cameron programs may be changed, postponed or cancelled at any time. If changes should occur your COA staff will notify you as soon as possible. **Thanks for your understanding!**

## **REPRESENTATIVE ARCIERO'S ANNUAL COOKOUT**

**Wednesday, August 17 at 12pm**

Representative Jim Arciero will again be hosting his well-received cookout at the Cameron. This is a great opportunity to meet and share concerns with him! Please RSVP to 978.692.5523.



## **VOLUNTEER APPRECIATION LUNCHEON**

**Wednesday, August 10 at 12pm**

We are so grateful for your time, your good humor and your dedication. Please join us for a lunch in your honor, to show you our gratitude. We hope to see you all there! Sign up at 978.692.5523. Please tell the person at the front desk how you help our center.



## **KIWANIS COOKOUT**

**Tuesday, September 13 at 6 pm**

The Kiwanis will again be hosting an evening cookout at the Cameron. Reservations are a must so please call 978-692-5523.



## **BEST OF TIMES TRAVEL SHOW**

**Wednesday, July 27 at 2pm**

Join Best of Times Travel for a presentation on our upcoming day trips and Overnights in 2022 and 2023. This presentation will include details on trips to Nashville, New York, The Finger Lakes and all the shows and entertainment we have in store for this year and more! If you would like to participate, just RSVP by calling 978.692.5523



## **SAVE THE DATE!**

**LIVE THEATER SHOW – “A CUP OF TEA”**

**Friday, September 23 at 1 PM.**

**Delvena Theatre Company** will be presenting

**“A Cup of Tea”** here at the Cameron. A

heartwarming comedy set during the WWII

London Blitz. Meet Mrs. Henderson – an upper-class British woman

- who bravely, hilariously, keeps one little theater alive in a very

unique way. Her new friend, Margaret Rutherford, comes to visit,

and together they discuss matters of the heart and how to make

dreams come true. Though confronting difficult times, all is proven

that all you really need in life is a lot of laughter and a good friend!

The show will feature Lynne Moulton and Fran Baron as Margaret Rutherford and Mrs. Henderson respectively.



As always, we will have a celebration with root beer floats following the show. A fun time for all! **Please call 978.692.5523 to sign up for this FREE show.**

This program is fully supported by a grant from the Westford Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

## **A BIG thank you to our Westford Academy Interns**



Rianna Bottger (L) and Emma Green (R) joined us in April and May for their Senior Capstone Internship. They worked beautifully with the staff, volunteers, and participants. We wish them the best as they both pursue careers in medicine!

## Director's Report ...

The Value of the Friends of the Cameron and Council on Aging Boards

As we start our new fiscal year, I want to acknowledge the tremendous work and support of these two boards in the operation of our beloved Cameron. For those who are perhaps new to the Cameron, the Council on Aging Board is an advisory board to the COA director appointed by the Town Manager.

The Friends of the Cameron is a non-profit organization (also known as a 501 (C)(3)) which is tax exempted. The Friends of the Cameron is the critical fundraising arm of the center and supports important services, programs and needs of older adults in Town. Some of the initiatives the Friends have supported through their annual membership campaign include funding for the Health Department's Dental Grant Program ensuring low income with basic dental hygiene, and shingles and flu vaccines ensuring equal access and affordability. Also, this year the Friends of the Cameron voted to donate \$4,500 annually, in perpetuity, to ensure WIFI access to all income-based senior housing communities operated by Westford Housing Authority. Through their many fundraising efforts, including Trudy's Boutique, the Cameron received \$21,200.00 for programming and other center supports. Our Friends administer the Emergency Assistance Fund which offers financial support to older adults in financial hardship through the COA Social Service team.

As we move into a new year, the COA Board has outlined the following focus areas for FY23: Continued advocacy for diverse housing needs and support, ensure affordability and increased ridership capacity, and mental wellness education and support. Our COA Board will continue to review town and grant budgets, center needs, programmatic and social service supports and other need of our older adult population.

I am excited about the new challenges set before our COA and I appreciate the focus, dedication and partnership with both our governing and fundraising boards. All of this work would not be possible without the support of our center participants and community.

As always, my door is open,

*Jennifer*



## Upcoming Overnight Trips

### CHRISTMAS NEW YORK STYLE

**Sunday, December 11 to Monday, December 12**

Join Best of Times Travel for 2 Days and 1 night in New York City. Trip highlights include lodging at the Sheraton NY Times Square in the heart of NY City, tour of the Union Church of the Pocantico Hills, and the Lyndhurst Castle. Radio City Music Hall Christmas Spectacular Show! Price \$529 p/p Double Room or \$649 Single Room. If you want more information email Katie at [krussell@westfordma.gov](mailto:krussell@westfordma.gov)

### A COUNTRY CHRISTMAS

**Friday, December 16 to Monday, December 19**

Join Best of Times Travel to Nashville, TN for 4 Days and 3 Nights! This Exclusive package includes roundtrip transportation to the airport and airfare from Logan Airport, 3 night stay at the Gaylord Opryland Hotel, 7 meals a dinner show featuring The Oak Ridge Boys, tickets to see Vince Gill & Amy Grant at the Ryman, a show at the Grand Ole Opry. Also, a tour of the Ryman and the Grand Ole Opry, admission to the Country Music Hall of Fame, and a cruise. Finally, admission to ICE at Gaylord Opryland. Price for Standard View Rooms at Opryland: \$2,179 per person for a Double Room. \$2,629 for Single Occupancy. Price for Atrium View Room at Opryland: \$2329 Per person for a Double Room. \$2929 for a single Occupancy. If you want more information email Katie at [krussell@westfordma.gov](mailto:krussell@westfordma.gov)



## Health and Wellness Offerings

### Fitness Classes

#### TAI CHI

**Mondays at 1pm**

**Eight week session beginning July 11**

Join Lesley Mathews for a Tai Chi class at the Cameron. Cost for Westford residents is \$24 for the session; others pay \$5 per class. Sign up at 978.692.5523.



#### BONE BUILDERS

**Mondays and Wednesdays 9:30-10:30am**

**Tuesdays and Thursdays 1-2pm**

Bone Builders is a great class if you are recovering from a health set-back. Build your strength, increase range of motion and flexibility at a pace that is comfortable with you. To register for the classes please call the Cameron at 978.692.5523 to request an application which must be completed (with physician's approval). Class space is limited. If you have any questions, please call Maureen Thibodeau at 978.692.7634. **We are grateful for Community Teamwork, Inc. for providing these wonderful classes for our center.**



#### STRENGTHEN YOUR IMMUNE SYSTEM WITH MINDFUL MOVEMENT

**Tuesdays, 9-10am: Beginner Class**

**10-11am: Advanced Class**

Mindful Movement offers gentle physical activity to help move blood and oxygen around the body, nourishing the organs and tissues, promoting healing and strengthening the immune system. In addition, due to the in-the-moment connection of the mind to the breath and physical movements, Mindful Movement helps to calm the mind, relieving stress and anxiety. The instructor for this 8-week session is Ray Caisse from Cultivating Qi in Westford, MA. **Cost for Westford residents is \$24 for one class time per session, and \$30 for both classes. Others pay \$5 per class. Sign up at 978.692.5523.**



#### CHAIR MOVEMENT WITH CAROL WING

**Tuesdays and Thursdays at 10:10am**

**Eight Weeks**

**Tuesdays beginning July 5**

**Thursdays beginning July 7**

To register call 978.692.5523 Cost for Westford residents is \$24 for each session; others pay \$5 per class. Sign up at 978.692.5523.



#### ZUMBA WITH CAROL WING

**Tuesdays and Thursdays at 9:15am**

**Eight Weeks**

**Tuesdays beginning July 5**

**Thursdays beginning July 7**

Join Carol Wing for a Zumba Class at the Cameron. Cost for Westford residents is \$24 for each session; others pay \$5 per class. Sign up at 978.692.5523.



#### WELL-BEING GROUP CONDITIONING TWO SESSIONS PER WEEK

**Tuesdays & Thursdays at 10am**

**Eight weeks beginning July 5**

Class Location: Well-Being Fitness Gym at Cornerstone Plaza located at 203B Littleton Road, Westford. (next to Eastern Bank) A full body conditioning class focusing on core stability, including elements of pliability, strength training, plyometrics, and cardiovascular fitness. Tap into a host of health benefits from a full-body workout around a cardio format while increasing strength and stamina. Burn, strengthen, and engage! Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$80 and non-residents- \$95 Please note that the class fee has increased due to off-premise location/instruction and depletion of COVID grant funding. If you would like to participate in this class and you have a financial hardship please see our social service staff for financial scholarship.



#### WELL-BEING GROUP CONDITIONING ONE SESSION PER WEEK

**Wednesday at 9am**

**Eight weeks beginning July 6**

Class Location: Well-Being Fitness Gym at Cornerstone Plaza.

Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$50 and non-residents- \$77

#### TRAIN WITH SHAIN

**Thursdays at 6:30pm**

**8 weeks beginning September 8**

Join physical therapist and senior fitness specialist Steve Shain for a weekly fitness class that will focus on improving your strength and conditioning, along with flexibility, gait and balance. We will be using free weights, resistance bands and your own body weight. Cost for Westford residents is \$24 per session; others pay \$5 per class. Sign up at 978.692.5523.

#### GENTLE YOGA

**Wednesdays at 11am**

**Eight-week session beginning July 6**

Join Meghan Kwartler from Well Being Fitness for Gentle Flow Yoga – experience freedom in your mind and body with this gentle yoga class. Cultivate mobility in your hips and shoulders while improving balance. Feel the calming quality of your breath. Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$48 and non-residents- \$64

**A special thanks to the Friends of the Cameron for helping to subsidize our fitness classes**



## Health Screenings and Information

### HEARING SCREENING

**Mondays, July 11 and August 8 at 9:30am**

**Dr. Megan Ford from HearSmart Audiology** of Littleton, will provide hearing assessments. Sponsored by the Westford Health Department. To book your appointment call the Health Department at 978.692.5509.

### NEED ASSISTANCE WITH MEDICARE?

**Mondays, July 11 and August 8**

**BY APPOINTMENT ONLY SHINE (Serving Health Insurance Needs of Everyone) CAN HELP!** Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. You may benefit from cost-savings programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs. Call 978.692.5523 to schedule.

### FREE INCONTINENCE PRODUCTS

We currently have a surplus of personal hygiene products (depends, pads) and a resident has 5 new boxes of male intermittent catheters that can be yours by calling Annette at 978-399-2326.

### BLUE CROSS BLUE SHIELD INFORMATION TABLE

**Monday, August 8, 12:30 -2:00pm**

Drop in to meet with Heather Hurd, representative from Blue Cross, to ask her questions about your insurance plan, options, Medicare and more. She will have a table setup in our lobby during this time.



**A group of hikers enjoy their day with Mike!**

## FRIENDS OF THE CAMERON SENIOR CENTER

**ANNUAL MEETING  
FRIENDS MONTHLY MEETING TO FOLLOW**

**THURSDAY, JULY 21, 2022, 9:00 A.M.  
COMPUTER ROOM  
ALL INVITED**

## Social Fitness Activities

### TUESDAY GOLF AT QUAIL RIDGE

**354 GREAT RD, ACTON MA**

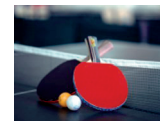
**Tuesdays beginning at 7:30am**

Now—October Cost: \$20 walking, \$30 with cart. Call Quail Ridge at **(978) 264-0399** to reserve for your tee time. Make sure you say you're with the Westford Group to get this special price.

### PING PONG

**Mondays and Tuesdays at 2pm, Fridays at 9:30am**

Come join our group of avid ping pong players, varying in skill from beginners to advanced. It is a fun group of people who really enjoy ping pong and one another. If you would like to participate, RSVP by calling 978.692.5523 so we know how many tables to set up.



### PICKLEBALL

This equipment is available to use during all hours of operations of the Cameron. Just see the front desk to request the equipment. To get current information for pickle ball around Westford, check the pickle ball website.

<https://sites.google.com/view/westfordpickleball/home>

### HIKE WITH MIKE!

Join local hiker, Mike on some walks around town. For all hikes, meet at 9am for approximately 2 hours. A water bottle, insect repellent, sturdy footwear, and hiking pole(s) are recommended. See dates and details below. Please sign up at the front desk at 978.692.5523.



### Greystone Pond

Date: August 1, 2022

Distance: 2.0 miles

Terrain: Relatively flat, rocks, roots, uneven footing.

Trailhead: Greystone Field Kiosk

Parking Lot behind 15 Russell's Way, Westford.

### East Boston Camps

Date: August 8, 2022

Distance: 2.3 miles

Terrain: Rolling Hills, rocks, roots, uneven footing.

Trailhead: Kiosk at EBC

Parking lot off of Depot St.

### Mass Audubon's Nashoba Brook Wildlife Sanctuary

Date: August 29, 2022

Distance: 2.0 miles

Terrain: Rolling Hills, rocks, roots, uneven footing.

Trailhead: Kiosk at the Mass Audubon

Parking lot, 196 Concord Rd., Westford.

## DINING AND HEALTHY FOOD OPTIONS

### Dining Options

#### RESTAURANT REVIEW

Be sure to mark your calendars for our next outings on **July 27 to Bahama Breeze**, 413 Middlesex Rd, Tyngsboro and **August 31 to Tavern in the Square at The Point**, 810 Constitution Ave, Littleton. Please pre register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Please send restaurant suggestions to Annette at 978-399-2326.

**Special thanks to the Friends of the Cameron for their financial sponsorship of the events listed below!**



#### BIRTHDAY CELEBRATION

**Wednesday, July 20 at 12pm**

Bill Vullo's famous Sausage and Peppers

**Wednesday, August 24 at 12pm**

Baked Potato Bar made by Jackie Russell

Enjoy birthday cake and ice cream after lunch as we regale our birthday celebrants with a robust round of Happy Birthday singing. Cost: \$5 and Birthday celebrant lunch is free. To register please call 978.692.5523. Thanks to Bear Mountain Healthcare for their generous donation of cake and ice cream.



#### BINGO FRIDAY LUNCHES

If you're interested in having lunch before BINGO, register for any or all of the following lunch offerings prepared by BINGO chef Mike Dyer

**Friday July 1 at 12pm** Turkey Sandwiches

**Friday July 15 at 12pm** Tuna Casserole

**Friday August 5 at 12pm** Turkey & Roast Beef Club Sandwiches

**Friday August 19 at 12pm** Sausage & Peppers Stir Fry

Pre-BINGO lunch is \$3. You must RSVP for lunch by calling 978.692.5523. For any questions about BINGO call your program coordinator, Katie Russell at 978-399-2330.



### Healthy Food Options

#### ORGANIC VEGETABLE DISTRIBUTION

**Every Thursday**

**Numbers distributed at 1pm**

**Food distribution at 1:30pm**

We are grateful that Gaining Grounds of Concord will once again be offering their organic produce weekly to all Westford residents who meet income guidelines (fuel assistance criteria). To participate, please sign an income attestation on the day of produce pick up. Distribution will be held at the Westford Housing Authority at 65 Tadmuck Rd in the community center parking lot. We will pass out disposable numbers starting at 1pm. The freshly picked and packaged vegetables will be pre-bagged and distributed at 1:30pm. Any questions call Annette at 978.399.2326.



#### SNAP – Supplemental Nutrition Assistance Program

Do you need help buying groceries? If your monthly income (household of 1) is less than \$2,147 or (household of 2) is less than \$2,903, you may be eligible for a monthly benefit toward groceries. For more information, call Annette at 978.399.2326 or go to <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

#### Westford Food Pantry

The Westford Community Food Pantry, located on the first floor of the Cameron, is staffed by volunteers.

**FOOD PANTRY HOURS:**

- **Wednesday Evenings from 6 to 8 pm**  
July 6, 13, 20, 27  
August 3, 10, 17, 24, 31
- **Friday Mornings from 9 to 11 am**  
July 1, 8, 15, 22, 29  
August 5, 12, 19, 26

For more information, or to donate, check their website at [www.westfordfoodpantry.org](http://www.westfordfoodpantry.org)

#### WHOLE FOODS DISTRIBUTION

**Mondays and Thursdays at 1:30pm**

Open to all residents 55+. Sign in at the front desk each day that you want to participate.



## SOCIAL SERVICES AND OUTREACH NEWS



Alison Christopher, LICSW, COA Social Worker (left) and Annette Cerullo, LSW, COA Outreach (right)

### Outreach

#### OUTREACH

According to the National Institute on Aging, research indicates that seniors who are active, social and have a purpose in life significantly lower their risk of mortality from heart disease and diabetes by 60%! Come check out the Cameron's multiple offerings like the well-equipped fitness room, fitness classes, watercolor classes, book club, ping pong, and more. Reap the health benefits! Feel free to contact Annette, your Outreach Coordinator anytime at 978-399-2326.

#### GRIEF SUPPORT GROUP

##### For Westford residents 55+

While grief can impact individuals in different ways, connecting with others to share stories, experiences, and receive/offer support can help with the grieving process. Please join us if you have suffered a loss and are seeking a safe place to express your feelings, to feel heard, to learn about the grieving process and to obtain helpful coping materials and resources. These "drop in" groups will be offered on the **2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month at 4:00** here at the Cameron, *however please call to speak with Annette prior to your first visit.* There is no fee and no required attendance. Call Annette at 978-692-5523.

**ARPA Household Assistance Funds:** We have received ARPA funding through the town to assist financially qualified households with mortgage/rent/utility payments. The funding is limited and applications are taken on a first come first served basis. If you have questions about the program or may want to apply, call Alison at 978.399.2325

**ARPA Funds for Mental Health** copayments and deductibles. We know that many people have been seeking mental health support services, but are concerned about the cost of regular co-payments or deductibles. We have \$3000 to be used toward assistance to low-income individuals and households with payments for therapy/counseling/medication visits with mental health providers. Anyone on LIHEAP, SNAP, SSI, EAEDC, or Masshealth is financially eligible. If you think this may help you, call Alison at 978.399.2325.

#### Spotlight on Emotional Wellness-Skills for Everyone with Lisa Wessan, LICSW, RM, CLYL

Based on the premise that every thought becomes a chemical reaction in your body, this 6 session workshop offers a multi-modal approach to improve your ability to recover your emotional balance and feel healthier, more peaceful and relaxed. **This workshop series is brought to our center by a grant from the Greater Lowell Community Foundation.**

**Session 4—July 8, 1-3pm** DBT Emotion Regulation Skills Part 2: Changing Emotional Responses; Learn How to Check the Facts; Are Your Feelings Justified or Unjustified? Discover How to Use the Paradoxical Opposite Action Technique; 7-Step Problem Solving Method. Accumulating Positive Emotions: Build Mastery and Cope Ahead. Guided Meditation.

**Session 5—August 12, 1-3pm** DBT Distress Tolerance Skills Part 1: Setting Goals of Distress Tolerance; Crisis Survival Skills; The STOP Skill; The TIPP Skills: Changing Your Body Chemistry; Healthy Distraction Skills. Learning to Self-Soothe without using Substances (e.g. Food, Booze, Pills, Gambling, Porn), cheap dopamine sources (social media, the internet) and other impulse/addiction pathways. Guided Meditation.

**About the instructor:** Lisa Wessan, LICSW, RM, CLYL, is a Psychotherapist, Life Coach, Dialectical Behavior Therapy Skills Trainer (DBT), author, speaker and consultant. Lisa works with individuals and groups who seek pleasure and fulfillment in their lives through improved energy and heightened consciousness. Lisa is also the on-air host and producer of the cable television *Lisa Wessan Show*. Her work has been featured in the media over the years, including *The Boston Chronicle*, *The Boston Globe*, *CNN*, *Paula Zahn Now*, *The Lowell Sun* and *The Wall Street Journal*. She is in private practice in Westford, MA, and travels widely presenting a variety of wellness and personal growth programs. Visit [www.lisawessan.com](http://www.lisawessan.com) for further information.



Lisa Wessan, LICSW, CLYL, RM, Psychotherapist, Dialectical Behavior Therapy Skills Trainer (DBT), Walk and Talk Therapy (WATT)



## Housing and Independent Living Resources

**T.R.E.A.D.** -Applications are available at the Senior Center now and are **DUE BY AUGUST 30**. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability, **AND** must own and occupy their home. The T.R.E.A.D. Committee will meet to determine awards in December 2022. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325 or Annette Cerullo, LSW at 978-399-2326.

**NEW**

### KEYSAFE LOCK BOXES

This program with the Fire Dept. has been a huge success with over 60 lock boxes installed at senior's homes. If you live alone, have medical issues or frequently need to call 911 then you are a candidate for a key safe lock box. The heavy-duty metal box is installed on the outside of your home and it has a keypad with a code to access a key inside the box. The fire dept, your neighbors and family can have the code to prevent damaging your home to enter in an emergency. For more information or to sign up for the program call Annette at 978-399-2326.

### AVOID SCAMS

We have been informed of multiple scams trying to get your personal identification and money. Scammers will pose as a family member in trouble, an employee from your bank, Social Security and/or the IRS. Please don't fall prey to these calls and emails. NEVER give out your personal information unless you are certain who you are speaking to. Any requests for gift cards or wiring money are major RED FLAGS. Don't answer their questions, hang up, call your family and/or the police to verify whether it's a scam or not. Better to be safe than sorry. Protect yourself.

### MISSION TRIP COMMUNITY SERVICE

**July 27—29**

We are grateful to our local church, Blessed Trinity, for offering 3 days of community service to our senior residents. Projects they may be able to help with include painting, repairing damaged areas of the home, grounds maintenance, cleaning, and more. If you have a project that you would like them to consider helping you with, please contact Annette at 978-399-2326 by **July 11**. Also, residents will need to sign a release form that they are allowing a group of volunteers on their property.

Would you like to help out at the Cameron? Come join our group of dedicated volunteers! Call Katie at 978-399-2030 for more information.

## Community Resources

### HOME BOUND MOBILE BOOKS

Are you unable to come to the library? Do you lack transportation or have health issues that keep you away? Let the J. V. Fletcher Library come to you! Let's talk! Call Judy Madsen, Homebound Coordinator at 978-399-2301 to sign up. Any Westford resident who cannot come to the Library due to limited mobility, illness, or physical disability is eligible for homebound delivery. Give Judy a call and we can figure out if your homebound status will be permanent or temporary. Don't have a library card? She can help you get one. Every three weeks she can deliver books, movies, magazines, and more to your home!

### VETERANS SERVICES

Westford Veterans Agent, Ryan Cobleigh, is available to assist with benefits and/or other needed services or information. To speak with Ryan, please call 978.392.1170 or visit <http://westfordma.gov/veterans>

### ASK THE DETECTIVE

**Thursdays, July 14 and August 11 at 11am**

Donuts with Detective Nicoletti-Come enjoy some morning treats while you chat with our very own Elder Services Officer. You don't need to have a legal issue to discuss. She is also open and interested in hearing from you about what is going on with the seniors and any education you'd like her to provide.

### ASK THE LAWYER

**Tuesday, September 6 beginning at 9:30am**

Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment. Appointments are 20 mins each. Please call 978.692.5523 to reserve a timeslot.

### FREE PIANO LESSONS

**Thursday evenings**

Meaghan Lu, a Westford Academy Student who is passionate about music, is volunteering her time on Thursday nights to provide piano lessons. Call 978.727.7396 to set up a lesson time.

### ASK THE REALTOR

**With Kathy Cunningham of Coldwell Banker, Westford**  
**Mondays, July 11 and August 8 at 10am**

Call 978.692.5523 to schedule an appointment to speak with local realtor Kathy Cunningham about your personal real estate questions.

### VET 2 VET

**With retired veteran's agent and resident Terry Stader**  
**Tuesdays, July 12 and August 2 at 11am**

Are you a veteran who has questions and would like to talk to another veteran? Sign up with for a one on one appointment at 978.692.5523.

### Cameron Center Transportation Department

Serving Westford's residents aged 55 and up and people with disabilities of all ages. We provide local van trips for medical appointments, shopping, and social events. Rides to Emerson Hospital, Nashoba Valley Medical Center, Lowell General Hospital, and other local medical offices, shops, Town Meetings, activities, and events within our operating area of **Westford, Chelmsford, Littleton, Groton, Carlisle, Ayer, Acton, Concord, and Lowell.**

Weekly trips to Westford Market Basket on Tuesdays. Weekly Bingo Rides on Monday and Friday.

**If you need transportation for a Cameron-sponsored event, just let the front desk know when you register—there's no need to also call Transportation!**

### DRIVER OF THE MONTH!

Meet Bob France, our driver of the month. Bob has been working at the Cameron Senior Center as a driver for 15 years and he enjoys working with the dedicated staff, meeting all the wonderful seniors in Westford, developing meaningful relationships, and having lively conversations while sharing life stories.

Prior to working at the Senior Center, Bob worked in different managerial positions at Digital Equipment and Hewlett-Packard. Bob has been married for 55 years to his wife, Claire, the Cameron Senior Center's Records Supervisor. Bob says his marriage has been filled with laughter, friendship, understanding, support and encouragement.-we could all hope for that! They have lived in Westford for 46 years.

Bob and Claire have two children: a son, an attorney with the US Department of Justice in California and a daughter who is a corporate attorney in Boston. They have two grandchildren, Charlotte and Leo.

Bob enjoys relaxing at the ocean with his wife, spending joyful time with his grandchildren and proudly attending their many activities, and getting together with family and friends. He also enjoys exercising, reading, sports and gardening.



### OPEN ART STUDIO

**Tuesdays 1pm – 3pm**

Would you enjoy some company while you work on your projects? If so, Open Art Studio may just be the place for you. Drop-ins are always welcome.

### BASIC WATERCOLOR PAINTING WITH PAULA MINGOLELLI

**Thursdays from 1pm-3pm**

**6 weeks from July 7—August 18 NO CLASS ON JULY 21**

This teacher demonstration class will give students the opportunity to work along with the instructor from start to finish on all paintings. Students will work on developing their drawing skills, composition, layering, glazing and more. Paula will provide one on one guidance during each session. This class does require a basic knowledge of working in watercolor. Class size is limited. Cost: \$90 for Westford residents and \$110 for others. Please request watercolor supply list once you pay for the class. **A special thanks to the Friends of the Cameron for helping to subsidize this class.**

### SEWING & QUILTING CLUBS

**Mondays 10am – 1pm and Tuesdays 9am – 11am**

Please come in and enjoy a working on your quilting and sewing projects with many other friendly and like-minded crafters. It's fun to see the different projects that people are working on. Share project tips and enjoy some creative company!

### MACRAME CLASS 2

#### CHRISTMAS IN JULY WITH A MACRAME CHRISTMAS TREE


**Wednesdays, July 6 and 13, 2pm until 3:30pm**

"When you come to the end of your rope....tie a knot!" Macrame is easy to learn and appeals to all ages. Master the knots of macrame to produce decorative and useful items such as handbags, wall hangings, holiday decor and especially plant hangers. We will begin by learning basic knots and techniques and make a few small projects. Please bring scissors and a tape measure if available. All other materials provided by instructor. Cost for the 2 classes will be \$6.00 (\$3.00 per class). Spaces are limited. Please sign up at 978.692.5523.



Our participants dance the night the night away after having "Dinner with Donna". Our bi-monthly dinners will start up again in the fall, so watch for updates!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>July 2022</b></p>				<p>1 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO</p>
<p>4 Happy Independence Day  Center Closed</p> 	<p>5 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:00 Kripalu Yoga</p>	<p>6 9:30 Bone Builders <b>10:30 Decluttering</b> 11:00 Gentle Yoga 12:30 Cribbage <b>2:00 Macrame</b> 6:00 Food Pantry</p>	<p>7 9:15 ZUMBA 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge <b>4:30 Game Night</b></p>	<p>8 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong <b>1:00 DBT Skills</b></p>
<p>11 9:30 Bone Builders <b>9:30 Hearing Screening</b> <b>10:00 Ask the Realtor</b> 10:00 Sewing <b>12:30 SHINE</b> 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong</p>	<p>12 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement <b>11:00 Vet to Vet</b> 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong</p>	<p>13 9:30 Bone Builders 11:00 Gentle Yoga 12:30 Cribbage <b>2:00 Macrame</b> 6:00 Food Pantry</p>	<p>14 9:15 ZUMBA 10:10 Chair Movement <b>11:00 Ask the Detective</b> 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge <b>4:00 Grief Support</b></p>	<p>15 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO</p>
<p>18 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong</p>	<p>19 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio <b>2:00 Book Club</b> 2:00 Ping Pong 4:00 Kripalu Yoga</p>	<p>20 9:30 Bone Builders 11:00 Gentle Yoga <b>12:00 Birthday Lunch</b> 12:30 Cribbage 6:00 Food Pantry</p>	<p>21 9:15 ZUMBA 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:30 Whole Foods 2:30 Bridge <b>4:30 Movie Night</b></p>	<p>22 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong</p>
<p>25 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong</p>	<p>26 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:00 Kripalu Yoga</p>	<p>27 9:30 Bone Builders 11:00 Gentle Yoga <b>11:30 Restaurant Rev</b> 12:30 Cribbage 2:00 BOT Travel Show 6:00 Food Pantry</p>	<p>28 9:15 ZUMBA 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge <b>4:00 Grief Support</b></p>	<p>29 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong</p>

**Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3**  
**Fitness Center also open Tuesdays and Thursdays until 7:30PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 Hike with Mike 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	<b>2</b> 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement <b>11:00 Vet to Vet</b> 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong	<b>3</b> 9:30 Bone Builders 11:00 Gentle Yoga 12:30 Cribbage 6:00 Food Pantry	<b>4</b> 9:15 ZUMBA 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge <b>4:30 Game Night</b>	<b>5</b> 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
<b>8</b> 9:00 Hike with Mike 9:30 Bone Builders <b>9:30 Hearing Screening</b> 10:00 Sewing <b>10:00 Ask the Realtor</b> <b>12:30 SHINE</b> <b>12:30 BC/BS Table</b> 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	<b>9</b> 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong	<b>10</b> 9:30 Bone Builders 11:00 Gentle Yoga 12:00 Vol Apprec Lunch 12:30 Cribbage 6:00 Food Pantry	<b>11</b> 9:15 ZUMBA 10:10 Chair Movement <b>11:00 Ask the Detective</b> 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge <b>4:00 Grief Support</b>	<b>12</b> 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong <b>1:00 DBT Skills</b>
<b>15</b> 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	<b>16</b> 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio <b>2:00 Book Club</b> 2:00 Ping Pong	<b>17</b> 9:30 Bone Builders 11:00 Gentle Yoga 12:00 Rep Arciero BBQ 12:30 Cribbage 6:00 Food Pantry	<b>18</b> 9:15 ZUMBA 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge <b>4:30 Movie Night</b>	<b>19</b> 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
<b>22</b> 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	<b>23</b> 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong	<b>24</b> 9:30 Bone Builders 11:00 Gentle Yoga <b>12:00 Birthday Lunch</b> 12:30 Cribbage 6:00 Food Pantry	<b>25</b> 9:15 ZUMBA 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:30 Whole Foods 2:30 Bridge <b>4:00 Grief Support</b>	<b>26</b> 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong
<b>29</b> 9:00 Hike with Mike 9:30 Bone Builders 10:00 Sewing 1:00 Tai Chi 1:00 BINGO 1:30 Whole Foods 2:00 Ping Pong	<b>30</b> 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong	<b>31</b> 9:30 Bone Builders <b>11:30 Restaurant Rev</b> 12:30 Cribbage 6:00 Food Pantry	<b>August 2022</b>	

Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3  
 Fitness Center Open Tuesdays and Thursdays until 7:30PM

## Friends Corner

### Members wanted for the Friends Board

Seeking individuals with:  
 Integrity and commitment to serving the  
 Friends' mission  
 Contagious optimism for the future  
 Collaborative – open to opinions and ideas of others  
 Ready to participate on committees and at events



If interested, please leave your name at the Cameron Front Desk and a Friends member will contact you.

Thank you everyone who joined us for the Friends Tea. It was wonderful to see so many people reconnecting and having a great time.

If you have not renewed your Friends membership the bright yellow membership flyer is available in the lobby of the Cameron. Annual memberships will run July 1, 2022, through June 30, 2023. Annual Membership is \$15 for an individual and \$25 for a family. Other donations are gladly accepted under Contributor \$100, Patron \$500, Benefactor \$1,000, and Memorial \$500.

A survey is available in the Cameron lobby asking for feedback on future Lifelong Learning activities. Please take a few minutes to fill out the form and let the Friends know what activities you would like to participate in as we plan for fall events.

The Friends are looking for vendors who would like to participate at the Holiday Bazar, which is scheduled for Wednesday, December 7, 2022. There will be a small fee for table rental.

As always thank you for your support,  
 Pat Reppucci  
 President, Friends of the Cameron Senior Center

For more information check out the Friends website <https://westfordmafriendsofcameron.com/>

## Games

### GAME NIGHT

Thursdays, July 7 and August 4, 4:30pm

We are excited to offer a fun game night the first Thursday of every month. In July we will play the easy dice game Bunco and in Aug the silly card game, Apples to Apples. Even if you don't know how to play the games are super easy and sure to make you laugh! Give your game suggestions to Annette. Cost is \$2.00 for refreshments. Be sure to sign up.



### MONDAY BINGO

Mondays at 1pm

Join us inside at the Cameron for BINGO Fun! \$1 to buy a colored dobber. \$3 per paper BINGO sheet that has 3 BINGO boards. Sign up at 978.692.5523.



### FRIDAY BINGO

Friday BINGO games start at 1pm. We host BINGO on the first and third Fridays in July and August, which are July 1, July 15, August 5 and August 19

BINGO supplies can be purchased—Colored Dobber- \$1.00 and \$3.00 BINGO sheet which includes 3 BINGO boards

### CARDS AT THE CAMERON

Please register at the front desk for selected game(s). If there is a cancellation, we will notify you by phone.

**BRIDGE - Thursdays at 2:30pm**

**CRIBBAGE— Wednesdays at 12:30pm**

**HAND AND FOOT (Canasta) - Thursdays at 12:30pm**



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## Social and Enrichment Activities

### MOVIE SHOWINGS

**July 21 and August 18 at 4:30pm**

Join us in July for comedy/musical **Sister Act** starring Whoopie Goldberg and in August for **King Richard**, a story about tennis pros Venus & Serena Williams' father. Just \$4.00 for a movie, popcorn, refreshments, and light meal. Please call to sign up 3 days prior at 978-692-5523.

**Thank you to the Friends of the Cameron for subsidizing costs.**

### BOOK CLUB

**Tuesdays, July 19 and August 16 at 2pm**

Are you a reader who likes to talk about books? Join us in July for the historical fiction, **Mrs. Lincoln's Dressmaker** by Jennifer Chiaverini, and in August for a light summer read, **The Nantucket Inn** by Pamela Kelley. You can get a book from us at the senior center or try online i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978-399-2326

### How to Get Your Cameron News

- If you are age 70 or older the Cameron monthly newsletter will automatically be mailed to you free of charge. If you would like to know more, please contact Martha at 978.399.2324
- If you prefer receiving a newsletter via email, please call Martha at 978-399-2324
- If you would like to be mailed a monthly newsletter for an annual cost of \$12 please send a check made out to the Town of Westford and mail to: Cameron Senior Center- 20 Pleasant, Westford, MA., 01886 or stop in at the center.
- Find our Facebook Page at facebook.com/CameronSeniorCenter/

### COUNCIL ON AGING STAFF

Jennifer Claro, Director of Council on Aging  
 Alison Christopher, LICSW / Social Worker  
 Annette Cerullo, LSW /Outreach Coordinator  
 Claire France, Records Supervisor  
 Robert Rafferty, Transportation Dispatch  
 Christopher Mitchell, Maintenance Supervisor  
 John Wilson, Maintenance  
 Edna MacNeil, Front Desk  
 Katherine Russell, Senior Assistant  
 Martha Brockway, Senior Assistant  
 Karen Heitkamp, Night Supervisor  
 Bob Benoit, Van Driver  
 Paul Davis, Van Driver  
 Steve Ducharme, Van Driver  
 Bob France, Van Driver  
 Ed Jarvis, Van Driver  
 Lynn Jones, Van Driver  
 John Lasna, Van Driver  
 Lisa Nee, Van Driver  
 Pam Rovendo, Van Driver

### COUNCIL ON AGING BOARD MEMBERS

Helena Crocker, Member Emeritus  
 Nancy Cook, Chair  
 Robert Tierney, Vice Chair  
 Kathryn Wilson, Clerk  
 Sandra Collins  
 Patricia Holmes  
 Terry Stader  
 Barbara Upperman

### FRIENDS OF CAMERON BOARD MEMBERS

Pat Reppucci, President  
 Donna Owens, Vice President  
 Kevin McGuire, Treasurer  
 Frances Kosenko, Asst. Treasurer  
 Katharine Karr, Secretary  
 Gail Austin  
 Helena Crocker  
 Dennis Smith  
 Barbara Tonucci  
 William Vullo

### BOARD MEETINGS

**COA Board-Resume in September**  
**Friends of Cameron—July 21 and August 18 at 10am**

**OUR MISSION:** The Council on Aging promotes the physical, emotional, and economic well-being of aging adults and their engagement in all realms of community life.

20 Pleasant St., Westford, MA 978.692.5523

[www.westfordma.gov/coa](http://www.westfordma.gov/coa)

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[jen.lane@compass.com](mailto:jen.lane@compass.com)

**Jenn Gavin Russo**  
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**Nancy Allam**  
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[nancy.allam@compass.com](mailto:nancy.allam@compass.com)

**Wendy Crandall**  
 M 617.359.5969  
[wendy.crandall@compass.com](mailto:wendy.crandall@compass.com)

## 2022 BUS DAY TRIPS

**Important:** Fox Tours is requiring groups to ensure that all passengers have had the Covid-19 vaccine as a prerequisite to travel to ensure safety & well-being. Current CDC guidelines require all passengers to wear masks while traveling on the coach.

Please call 978-692-5523 to register for trips. Checks should be made payable to "Town of Westford"

All trips depart from the Franco-American Club,  
55 West Prescott Street.

### BLOCK ISLAND

**Thursday, July 7 8am**

Our first destination is Point Judith, Rhode Island, where we'll board the ferry for a one hour ride to Block Island. Here, we'll enjoy a 1 1/4-hour tour across the Island with a native Block Island guide. A delicious luncheon awaits us at the National Hotel. This trip is created by **Fox Tours** and the cost will be \$139 per person

### ICONS AND LEGENDS (THE ULTIMATE TRIBUTE SHOW)

**Tuesday, July 19**

Experience some of the greatest hits from some of the greatest entertainers of all time. The Icons & Legends Concert Tribute will have you dancing and singing your day away. JOZAY AND PATTI perform this highly entertaining and energetic show that brings you the most memorable music from the decades known for their radio idols, pop-rock groups, and hit melody makers. This multi-faceted show is big, dynamic and thoroughly entertaining. Enjoy a traditional Maine lobster bake at Fosters Lobster bake. This trip is created by Best of Times Travel and the cost will be \$110 per person. .

### MAINE'S FAMOUS "BULL AND CLAW" LOBSTER BAKE

**Tuesday, August 9, 9am**

We'll travel to Maine, and along the coast past scenic towns and attractions until arriving in Wells. Now be ready for a Lobster Feast at The Bull and Claw Restaurant After departing, you'll continue along the Atlantic Seacoast and make a visit to scenic Ogunquit, where you'll have time to visit the quaint shops. Finally, you'll visit the outstanding 'When Pigs Fly Bakery' in Kittery and experience their old-world artisan breads. This trip is created by **Fox Tours** and the cost will be \$109 per person.

### LAKE WINNIPESAUKEE AND CASTLE IN THE CLOUDS

**Wednesday, September 7**

Travel with Best of Times to the shores of Lake Winnepesaukee for a scenic cruise on this magnificent lake. Take in amazing views of the lake as we travel up to the Castle in the Clouds. Breathtaking views are abound on this fun-filled day trip. Also enjoy lunch at the Heart Turkey Farm. Cost of the Trip is \$159 per person.

### SALEM & ROCKPORT

**Thursday, October 6, 9:00am**

Travel on a luxury Silver Fox Coach for historic Salem. Long renown as a famous seaport, Salem later became infamous for the witch trials. You'll initially tour the Peabody Essex Maritime Museum located in historic Salem, Massachusetts. Explore over 200 years of maritime trade from the Massachusetts' North Shore and view the museum's world class collection from the Far East and beyond. This blending of past and present is evident as you stroll the tree lined streets and cobbled walkways. Authors, painters and poets have drawn inspiration from this fabled seaside city. You will enjoy a delicious luncheon across the street at Village Tavern, featuring an entrée' choice of Fresh Baked Haddock or Baked Chicken and a Dessert. After lunch you'll visit scenic Rockport, Massachusetts, with its collection of fine shops and beautiful seaside views. Your return time home will be 6:00 PM after a great tour on the scenic Massachusetts North Shore. Cost of the tour is \$109.00 per person.

### NORTH SHORE MUSIC THEATER PRESENTS KINKY BOOTS

**Wednesday, November 2, 10:30am**

*Kinky Boots* is a musical with music and lyrics by Cyndi Lauper and book by Harvey Fierstein. The musical tells the story of Charlie Price. Having inherited a shoe factory from his father, Charlie forms an unlikely partnership with cabaret performer and drag queen Lola to produce a line of high-heeled boots and save the business. In the process, Charlie and Lola discover that they are not so different after all. Before the show enjoy a wonderful lunch at Bertucci's Restaurant. This trip is created by Fox Tours and the cost will be \$149 per person.

### CHRISTMAS WITH PAUL ANKA

**(A SPECIAL HOLIDAY TRIBUTE SHOW)**

**Wednesday, December 7**

Join Best of Times Travel for an incredible Christmas Celebration as we bring the music of Paul Anka live to our stage with Lou Villano's - Christmas with Paul Anka! All The Hits of Paul Anka & More—this dynamic show will feature not only the greatest hits of Paul Anka but the chart topping hits he wrote for others such as Buddy Holly, Frank Sinatra, Sammy Davis Jr., Tom Jones, Frankie Avalon, and Bobby Rydell, to name just a few. Sprinkle in some of our favorite Holiday songs performed only the way Paul Anka can, and you have an incredible Holiday Show! Enjoy a plated lunch at The Danversport Yacht Club. Cost of the Trip is \$109 per person.

### BEST OF TIMES TRAVEL SHOW

**Wednesday, July 27 at 2pm**

Join Best of Times Travel for a Presentation on our upcoming day trips and Overnights in 2022 and 2023. This presentation will include details on trips to Nashville, New York, The Finger Lakes and all the shows and entertainment we have in store for this year and more! If you would like to participate, just RSVP by calling 978.692.5523



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## BRAIN GAMES

**Answer to Sudoku**

6	4	1	8	5	3	9	2	7
9	8	5	2	1	7	4	6	3
3	2	7	4	6	9	5	1	8
4	3	9	7	2	6	8	5	1
5	6	2	1	9	8	3	7	4
1	7	8	5	3	4	2	9	6
7	9	6	3	4	2	1	8	5
2	5	3	6	8	1	7	4	9
8	1	4	9	7	5	6	3	2

### Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

			2			9		8
9				6	7			
8							3	
				7			4	
3			6	4			9	
	2					1		6
								1
2		7	3				8	
				8	9		7	

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DIFFICULTY: ★★☆☆☆

### CROSSWORD PUZZLE

#### ACROSS

- Reimbursed
- Free
- US dam
- Project
- Guido's note (2 words)
- Outer portion of Earth
- Sleep (pref.)
- Albania (abbr.)
- Design
- Arabian domain
- Shore
- Tumor (suf.)
- Three (pref.)
- Irish foot soldier
- Block
- Celsius (abbr.)
- Shoe size
- Fr. meat dish
- Have (Scot.)
- Plus
- Indo-Chin. people
- Voltaire play
- Computer chip
- Ounces (abbr.)
- Wampum
- Due
- Gamin
- Article (Fr.)
- White-flecked
- Eg. skink
- Mother of Hezekia
- N. Caucasian language
- Freedman in Kentish law
- Low (Fr.)
- Bare

#### DOWN

- Long
- "Cantique de Noel" composer
- Yesterday (Ital.)
- Silk substitute
- "Giant" ranch
- He (Lat.)
- Flounder
- Willow
- Love of Radames

#### ANSWER TO PREVIOUS PUZZLE

ELIA	TAT	WAKA
CONC	RAH	AGAG
HOCH	ALE	LAMA
OPHISM	TILLER	
	RAP	ADO
MIRACLE	OPTIC	
ACE	ELM	ACS
GAMMA	DADA	IST
	ABA	LAB
ASSESS	ELATER	
BEAN	ABB	TOCO
BALA	NAE	INCL
ARAD	ALE	SEEL

- This one (Lat.)
- King of Israel
- Amer. Sign Language (abbr.)
- Swim (2 words)
- Hat
- "The Jungle Book" python
- Belonging to (suf.)
- Energy unit
- Palestine Liberation Organ. (abbr.)
- Greek letter
- Fruiting spike
- Civil War commander
- Air-to-air missile (abbr.)
- Wild ginger
- Polishing material
- Watering hole
- Hall (Ger.)
- Mother of Brunhilde
- Walk through
- Para-aminobenzoic acid
- Foreshadow
- Hole
- Noun-forming (suf.)
- Science class

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## ENIGMA<sup>TM</sup> CRYPTOGRAM

"GNPREHEC HV GHBN RDAHEC  
TYVSRNPM: EDS SD PUJPEZN HV SD  
URDY XPZB."

— ZQHENVN YR DJNRX

PREVIOUS SOLUTION: "He is a fool who cannot be angry; but he is a wise man who will not." — English proverb

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